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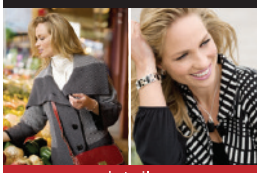
VANCOUVER • TUESDAY, SEPTEMBER 15, 2009 metronews.ca

Celebrity Buzz

West says sorry for outburst at VMAs

pg 21

EXCLUSIVE OFFER



see details on PAGE 15

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News on the Move

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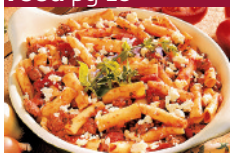
How to avoid debt trap

Food pg 18



Go Greek for pasta bake

On the web
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Love deferred at border

B.C. woman, U.S. husband kept apart save for weekly meetings

ANDREA WOO
for Metro Vancouver

On Thursday, Janeane Ardiel will pack a lunch to eat with her new husband at a picnic table surrounded by shrubs and flowers. The picnic spot, located at Peace Arch International Park on the U.S.-Canadian border, is the only place the couple can legally meet and feel each other's touch.

Ardiel lives in Port Coquitlam and her husband, David Williams, lives in Bellingham, Wash. He can't enter Canada because of a six-year-old DUI conviction, so for the three years they've dated — and four months they've been married — Ardiel visited him in the U.S.

On July 22, a U.S. border guard noticed her almost-weekly trips and denied her entry, saying they believed she intended on living in the U.S. and not just visiting. After being photographed and fingerprinted, Ardiel was sent home to Port Coquitlam, with directions not to cross the border for at least six months.

"It has been absolutely horrible," said Ardiel. "David and I had been inseparable for the last year and a half. He's like my lifeline, and I feel like my lifeline's been severed."

In the meantime, the two can meet at the picnic table without technically leaving either country. It's a spot recommended by their immigration lawyer, Len Saunders, who said the issue rests on an unfortunate technicality.

"If you're American and you have a DUI, it's very difficult to get into Canada," he explained. "If you're Canadian, like Premier (Gordon) Campbell, and you've got a DUI, you have no crossing issues going south."

Ardiel was introduced to Williams by her sister, who met Williams through a friend in Florida, where he lived at the time. Ardiel and Williams spoke on the phone for three months and fell in love without even exchanging a photo.

"We never knew what each other looked like," said Ardiel. "He said, 'I am just so in love with you, just from talking with you.' He would have gotten married in January (2007), the first time I met him. We fell in love talking to each other on the phone."

Williams moved to Bellingham from Florida to be closer to Ardiel.

Saunders said that by showing customs officials Ardiel has a pending application for a green card, and good ties and equities to Canada, she should be able to resume temporary visits within a few weeks.

"She'll have a happy ending," he said. "It's just unfortunate right now because they can't be together other than for their weekly meetings for an hour or two."

ERIKA SCHULTZ/THE SEATTLE TIMES

Married but kept apart by immigration law, American David Williams and Canadian Janeane Ardiel share an embrace in a neutral area of Peace Arch International Park.

Swayze dies at 57 after cancer fight

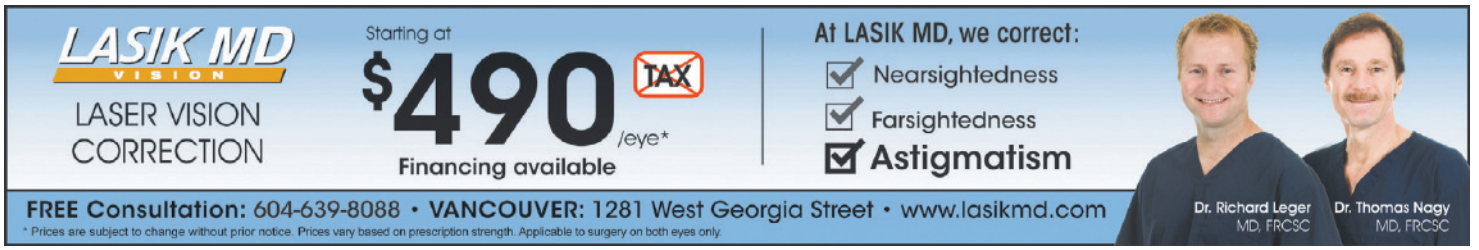
DEATH Patrick Swayze, the hunky actor who danced his way into moviegoers' hearts with Dirty Dancing and then broke them with Ghost, died yesterday after a battle with pancreatic cancer. He was 57.

"Patrick Swayze passed away peacefully today with family at his side after facing the challenges of his illness for the last 20 months," said a statement released yesterday evening by his publicist, Annett Wolf. Swayze died in Los Angeles, Wolf said, but declined to give further details.

Patrick Swayze

Fans of the actor were saddened to learn in March 2008 that Swayze was suffering from a particularly deadly form of cancer. He kept working despite the diagnosis, putting together a memoir with his wife and shooting The Beast, an A&E drama series for which he had already made the pilot.

A three-time Golden Globe nominee, Swayze became a star with his performance as the misunderstood bad-boy Johnny Castle in Dirty Dancing. A coming-of-age romance that also starred Jennifer Grey, the film became an international phenomenon in 1987. THE ASSOCIATED PRESS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Local

CF-18s will buzz Vancouver

Canadian Forces CF-18s, left, will be flying over Vancouver and some parts of Vancouver Island today and tomorrow as part of a security training exercise for the 2010 Winter Olympics. Exercise Fabric Virgo will involve planes flying at low altitudes and CF-18 fighters escorting or flying with civilian-looking aircraft. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

SPORTS The B.C. government said many sports and environmental groups awaiting government grants from gaming revenues will not get some or any of the money they are expecting. The province's $29 million sports budget is expected to be cut by a third.

CRIME A New Westminster man who beat his cousin and stuffed him in the trunk of a stolen car as he used his ATM card to steal money has been labelled a dangerous offender. The B.C. Supreme Court ruled Daniel Allan, 53 — who has a lengthy criminal record — has little hope of rehabilitation and can be jailed indefinitely.

GARBAGE A new survey by Angus Reid Strategies found that 65 per cent of respondents felt Metro Vancouver's proposed plan to build and operate up to six garbage incinerators would have a negative impact on the region's air quality.

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WHAT'S ONLINE TODAY

Your Money Allan Small looks at ways investors can protect themselves from inflation at **metronews.ca/investing**

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Cops break up major grow-op

JEFF HODSON
jeff.hodson@metronews.ca

Vancouver police did not have far to drive yesterday morning when firefighters called them to report a large marijuana grow-op.

The operation, which contained about 1,000 pot plants, was discovered at 124 West 6th Ave., only a few blocks from Vancouver police headquarters. Firefighters were originally called at 2:30 a.m. to deal with a small fire.

Capt. Gabe Roder, a spokesman for Vancouver Fire Department, said the city has roughly six fires every year that are caused by grow-ops and the "tremendous amount" of electricity required to run them.

"What they are doing is replicating the perfect growing climate," Roder said. "Lots of light. Lots of heat."

Grow-ops often draw more electricity than the grid can support. The large lights give off a lot of heat and the wiring is usually haphazard and temporary. Some even use gas-fuelled generators indoors.

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Once, Roder said, firefighters were called to a warehouse fire in South Vancouver that started because operators had muffled a loud diesel generator with mattresses.

At mid-morning yesterday, Vancouver police, wearing filter masks, hauled large black garbage bags from the concrete building. A small window at the front was broken and the front door was dented from being pried open.

Document request denied by judge

POLITICS The judge in a political corruption trial resulting from the raid on the B.C. legislature has refused a defence request for access to documents from a Liberal political adviser.

The court has heard Patrick Kinsella was working for B.C. Rail before it was sold by the government, but the defence alleges Kinsella was also working for the buyer, CN Rail. But Justice Elizabeth Bennett has ruled that, despite going through thousands of documents, the defence didn't make that link and she won't give lawyers access to Kinsella's documents.

Defence lawyer Michael Bolton says the defence still views Kinsella as a key figure in the case and believes the document issue will likely arise again when Kinsella testifies at trial.

THE CANADIAN PRESS

Olympics **Linden named torchbearer**

JEFF HODSON/METRO VANCOUVER

Former Canucks captain Trevor Linden talks shop with David Littman, producer of EA Sports NHL 10, at Future Shop in downtown Vancouver yesterday ahead of the game's midnight release. Linden was also named a torchbearer yesterday in the 2010 Olympic torch relay.

Langley couple Marlene Hoar and Rick Harker.

Tie those marriage knots tight, pastor

JEFF HODSON
jeff.hodson@metronews.ca

EVENT A Langley couple is taking the plunge today as they tie the knot while rappelling down a glass high-rise in downtown Vancouver.

Rick Harker and Marlene Hoar will get married suspended outside the fifth floor of the AXA Place building (999 West Hastings St.) at noon as part of a B.C. Lions Society Easter Seals' "Drop Zone" fundraiser.

"It made us feel good," said Harker, 64, who has worked with the B.C. Lions Society for the past 25 years and heads its Eagles In The City project.

"People are supporting us and giving money to us in lieu of wedding presents and it's going to the B.C. Lions Society."

The pair has raised $5,460 for children in need. Their pastor, Brad Sumner, is also rappelling. The three will have microphones so that people can hear the ceremony and vows from the street below.

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B.C., Ontario biggest boosters of same-sex marriage: Poll
B.C. and Ontario are the most supportive provinces of same-sex marriage, with 66 per cent of people saying they believe same-sex couples should continue to be allowed to legally marry. The Canadian average is 61 per cent in favour of same-sex marriages, according to a recent Angus-Reid poll. METRO VANCOUVER

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Volunteer performers wanted for Paralympics

CEREMONIES Organizers of the 2010 Paralympic Winter Olympics are looking for about 5,000 volunteer performers to perform at the opening and closing ceremonies.

VANOC says volunteers with all types of abilities and performance skills are needed, aged six and older.

"We're looking for thousands of people who are brimming with enthusiasm and wear their hearts on their sleeves to perform in these large-scale productions. No previous experience is necessary," said David Guscott, VANOC's executive vice-president of celebrations and partnerships.

"We're looking for thousands."
David Guscott, VANOC

The Paralympic Games open March 12, 2010, and close nine days later.

Applicants have until Oct. 9 to apply online at vancouver2010.com/ceremonies. METRO VANCOUVER

UBC study links cancer deaths to depression

A cancer patient's likelihood of survival can be affected by depression, according to a new University of B.C. study.

"We found an increased risk of death in patients who report more depressive symptoms than others, and also in patients who have been diagnosed with a depressive disorder compared to patients who have not," said Jillian Satin, a UBC psychology graduate student who helped conduct research.

"We found an increased risk of death in patients who report more depressive symptoms."
Jillian Satin, UBC

In the combined studies, the death rates were as much as 25 per cent higher in patients with depressive symptoms, and 39 per cent higher in patients diagnosed with major or minor depression.

The study was published online yesterday by the American Cancer Society journal Cancer.

METRO VANCOUVER

News in brief

HIP HEALTH B.C. researchers will soon be scouring the province in a mobile laboratory to see if the health of people's hip bones differs from region to region. Vancouver's Centre for Hip Health and Mobility mobile lab is the first of its kind in Canada.

SHOOTING A 22-year-old man was shot in the leg during a Surrey house party on the weekend after arguing with a group of uninvited men, RCMP said yesterday.

TRANSIT Emily Carr students are launching a campaign today to push for a one-price transit pass for all post-secondary students. The OnePassNow campaign also includes student unions from UBC and Douglas College.

FUNDING B.C. has committed only half of the accelerated infrastructure funding announced in the 2009 federal budget to help boost provincial economies. Eight of the 10 provinces have already disbursed 100 per cent of the money, according to the Union of B.C. Communities.

HOUSING The cost of having B.C. Hydro hook up electrical power to laneway housing units could be as high as $20,000, CBC News Online reports. The units were approved by Vancouver city council in July in an effort to create cheaper housing.

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Coastal helicopter needed, says sunken boat's owner

The owner of a fishing vessel from Newfoundland that sank on the weekend with the loss of at least one crew member says the tragedy might have been avoided if the federal government had based a helicopter in St. John's. The search and rescue helicopter station for the province is based in Gander, in central Newfoundland. THE CANADIAN PRESS

Canada

Clement denies anti-gay claims

Industry Minister Tony Clement, left, denied yesterday he directed his department to give any special scrutiny to gay-themed tourism events, and lashed out angrily at opposition suggestions that homophobia motivated government funding decisions. Clement insisted he did not oust cabinet colleague Diane Ablonczy from the helm of a tourism program after she approved funding for Toronto's gay pride week. THE CANADIAN PRESS

NDP poised to prop up Tories

The NDP is likely to support the Conservative minority government in a confidence vote this Friday and avert another federal election — at least for now — party sources told The Canadian Press.

The highly anticipated ways-and-means motion later this week clears the way for a future vote on budget items such as tax credits for home renovation, textbooks and the working poor.

The Liberals will vote against the motion after Michael Ignatieff said his party can no longer keep the government afloat. The Bloc Québécois are still uncertain which way they'll go.

But the NDP sent a signal that it will vote to support the Conservative government on a confidence measure for the first time since Prime Minister Stephen Harper formed a government almost four years ago.

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There may be little lasting political damage for the NDP in voting for popular tax credits. Nor would it be difficult to back a new change to employment insurance proposed yesterday by Human Resources Minister Diane Finley.

All bets are off for future confidence votes, New Democrats insisted. The NDP hopes to extract more concessions from the government as the parliamentary session unfolds.

THE CANADIAN PRESS

Soldier's death prompts debate over Afghanistan

MILITARY The death of another young Canadian soldier has provided the kindling to reignite the debate over the usefulness of Canada's role in Afghanistan — and even Gov. Gen. Michaëlle Jean waded into the issue yesterday.

Jean

The death of 21-year-old Pte. Patrick Lormand, Canada's 130th soldier killed in the mission, prompted impassioned praise from the country's top-ranking soldier in Afghanistan. Brig.-Gen. Jonathan Vance also aimed a stern rebuke at a Liberal senator who publicly expressed doubt about the mission's potential.

Senator Colin Kenny, the chair of the Senate committee on national security and defence, suggested Canada should scale back its role in the remaining year of its combat mission.

Canada's normally apolitical Governor General issued a statement describing an emotional trip she took to Kandahar last week, and applauded the good work of Canada's soldiers.

"It broke my heart today to learn of the death," Jean wrote on her website.

"As a tribute to Pte. Lormand, I would like to reflect on the mission for which he so bravely gave his life, because, not three days ago, I was with our soldiers in Afghanistan to honour the difficult and remarkable job they are doing." THE CANADIAN PRESS

News in brief

HEALTH The NDP have asked Canada's top election official if the country is prepared to go to the polls during a swine flu outbreak. Judy Wasylycia-Leis, the NDP's health critic, has asked how ready Elections Canada is for a possible resurgence of the H1N1 flu virus this fall. THE CANADIAN PRESS

Harper, Obama to talk energy, Afghan mission

WASHINGTON Energy, the economy and Afghanistan will be the top items of discussion when U.S. President Barack Obama hosts Canada's prime minister for an hour-long White House meeting this week.

Stephen Harper will sit down Wednesday with Obama in the Oval Office, the first time he's met with the president at the White House.

An official at the Prime Minister's Office says the two men will focus primarily on the economic recovery and the so-called clean energy dialogue between the two countries.

The war in Afghanistan will also be discussed. The official says Canada's "position is clear," Canadian troops will leave in 2011. But the two will discuss what role Canadians will play in reconstructing the country. THE CANADIAN PRESS

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Edmonton's only elephant must stay put: Vet
A veterinarian has ruled that moving the elephant, which is having breathing problems, could threaten its life. THE CANADIAN PRESS

Canada opening doors to Afghans

Those who aided troops will be offered help

They are privy to some of military's sensitive strategies in Afghanistan, faced death alongside Canadian troops and now will be offered safe haven in Canada.

The federal government is prepared to open its doors to hundreds of Afghan citizens who have worked alongside Canadian soldiers and diplomats in Afghanistan.

The initiative is a recognition that the Afghans often face risks and reprisals from insurgents as a result of the assistance they give to Canadians in the war-torn country.

Immigration Minister Jason Kenney will announce the program today as the federal government releases a report card on its military and development efforts in Afghanistan.

The first choice has been to resettle Afghans and their immediate families in other parts of Afghanistan.

But when that's not possible, the federal government will move them to Canada.

In Afghanistan, Canadians rely heavily on local workers, who provide some services in the camps or who serve as interpreters during military patrols.

The interpreters not only translate, but often serve as informal advisers on Afghan culture and help soldiers avoid committing social faux-pas that would offend.

But the interpreters can also find themselves in the crosshairs of local insurgents.

TORSTAR NEWS SERVICE

Refugee benefits

- If moved to Canada, Afghans will be given many of the same benefits as refugees — income support, health care — and be put on the path to obtaining Canadian citizenship.

Atlantic Canada **Good health**

ANDREW VAUGHAN/THE CANADIAN PRESS

Nova Scotia Premier Darrell Dexter, left, along with Prince Edward Island Premier Robert Ghiz and New Brunswick Premier Shawn Graham, right, meet in Saint John, N.B. yesterday. The premiers announced a new TV and internet campaign aimed at encouraging active and healthy lifestyles for youth.

Mounties charge Alberta man in $100M alleged Ponzi scheme

FRAUD One Alberta man has been arrested and another remains at large in an alleged Ponzi scheme that Mounties say raised over $100 million from investors worldwide.

The RCMP arrested and laid fraud charges against Milowe Allen Brost, 55, on Sunday after a three-and-a-half year investigation.

Charges have also been laid against another suspect — Gary Allen Sorenson, 66 — who is believed to be out of the country. Both men are charged with fraud over $5,000 and theft over $5,000.

Police say the two men allegedly took money from thousands of investors in Canada, the United States and overseas between 1999 and December 2008.

THE CANADIAN PRESS

Scheme

- RCMP allege that the pair set up a company that was supposed to lend money to Merendon Mining Corporation Ltd., with the promise of a high rate of return and tax advantages.

News in brief

PROBE Transport Minister John Baird has ordered an internal probe after reports that Transport Canada employees were charging expenses to a project that doesn't exist. "This is a serious issue and we will continue to take all necessary and appropriate action," said Chris Day, the minister's spokesperson. The move follows the revelation yesterday that department staff have been charging millions of dollars in expenses to accounts associated with the Mackenzie Valley pipeline, a mega-project that has yet to be formally approved.

TORSTAR NEWS SERVICE

KIDS The practice of routinely prescribing antibiotics to kids suffering from an ear infection is coming to a formal end. The Canadian Paediatric Society issued new recommendations today instructing doctors to watch and wait before treating most ear infections with antibiotics in healthy children over six months of age. The society's statement is published this week in Paediatrics & Child Health. The reason for the change is concern in the community about increasing antibiotic resistance and the need to decrease the use of antibiotics, according to a doctor.

THE CANADIAN PRESS

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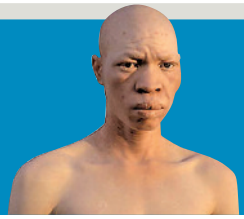
Distrust in journalism grows

More bad news for journalists: The percentage of people who believe their work is inaccurate and biased continues to grow. Nearly two-thirds of Americans surveyed by the Pew Research Center for the People & the Press believe that news stories are often inaccurate. THE ASSOCIATED PRESS

World



Speaking up for Tanzania's albinos

A Canadian rights group says it will not rest until there is an end to the murder of albinos in Tanzania — a minority often hunted down for their body parts to be used in witchcraft. Since 2007 at least 53 albinos have been killed in various parts of the east African nation, with most incidents occurring in the remote northwest regions of Shinyanga and Mwanza, where superstition is deep-seated. REUTERS

Men get long jail terms for U.K. plane bomb plot

TERROR In a case that altered airport security worldwide, three British Muslims were imprisoned yesterday for at least 30 years each for a plot to kill thousands by blowing up transatlantic airliners with liquid explosives.

The judge described the foiled suicide bombings — meant to rival the Sept. 11, 2001, attacks — as "a grave and wicked" conspiracy, likely the most serious terrorist case ever dealt with by a British court.

The plot's disclosure prompted an immediate ban on taking some liquids on board passenger jets, a measure still in place.

Abdulla Ahmed Ali — the plot's ringleader — was given a minimum of 40 years in prison, one of the longest sentences ever handed out by a British court. Assad Sarwar, 29, and Tanvir Hussain, 28, were imprisoned for a minimum of 36 years and 32 years respectively at London's high-security Woolwich Crown Court.

THE ASSOCIATED PRESS

Obama warns Wall Street

U.S. President Barack Obama sternly warned Wall Street yesterday against returning to the sort of reckless and unchecked behaviour that threatened America with a second Great Depression.

Even as he noted the U.S. economy and financial system were pulling out of a downward spiral, Obama warned financial titans on the first anniversary of the Lehman Brothers collapse that they could not count on any more bailouts.

In his speech at Federal Hall in the heart of Wall Street, he credited his administration and the $787-billion stimulus package rammed through Congress in the first days of his taking office for pulling the country back from the brink.

> **"We will not go back to the days of reckless behaviour and unchecked excess at the heart of this crisis."**
> U.S. President Barack Obama

"We can be confident that the storms of the past two years are beginning to break," he said. And even as the economy begins a "return to normalcy," he said, "normalcy cannot lead to complacency."

Nevertheless, Obama said, "Instead of learning the lessons of Lehman and the crisis from which we are still recovering, they are choosing to ignore them.

"Hear my words: We will not go back to the days of reckless behaviour and unchecked excess at the heart of this crisis, where too many were motivated only by the appetite for quick kills and bloated bonuses."

In marking his determination to prevent a repeat of the crisis that nearly brought down the global financial system last fall, Obama said he was attacking the problem on several broad fronts, including new rules to protect consumers and a new Consumer Financial Protection Agency to enforce those rules. THE ASSOCIATED PRESS

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Philippines **Demand for troops to leave**

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GABRIELA

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Protesters shout slogans during a rally outside the U.S. Embassy in Manila yesterday to protest the continued presence of U.S. troops in the Philippines through the Visiting Forces Agreement, or VFA. The U.S. troops are currently stationed in the southern Philippines to help the Philippine military in its fight against terrorism in the wake of the 9-11 terrorist attacks in the U.S.

Flour giveaway spurs deadly stampede

KARACHI At least 18 women and girls died when a crowd waiting for handouts of flour swelled and panicked in an impoverished city in Pakistan yesterday, officials said.

The stampede in Karachi came during the Muslim holy month of Ramadan, a traditional time for charitable acts including giving away food. At times, the giveaways have turned rowdy and dangerous.

The stampede occurred in a small building with narrow passages. As more women entered, some panicked and guards used strong-arm tactics to clear the building, officials and witnesses said.

Karachi police Chief Wasim Ahmad said at least 18 women and girls died in the ensuing rush. Mohammad Amin Khan of Karachi Civil Hospital said some of the women had suffocated and that there were at least 20 bodies.

THE ASSOCIATED PRESS

News in brief

MURDER Clues increasingly pointed to an inside job yesterday in the slaying of a Yale graduate student whose body was found stuffed inside a wall five days after she vanished from a heavily secured lab building accessible only to university employees.

KAMPALA The death toll from riots in Uganda's capital has risen to 21 people, including a two-year-old boy killed by a stray bullet, officials said yesterday. THE ASSOCIATED PRESS

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Death penalty sought for U.S. man charged with mobile home murders

A prosecutor says he will seek the death penalty for a 22-year-old man charged with killing his father and seven others inside the family's mobile home in coastal Georgia. THE ASSOCIATED PRESS

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Russia, Venezuela in arms deal

Russia has opened a $2.2-billion line of credit for Venezuela to purchase weapons including armoured vehicles and surface-to-air missiles, President Hugo Chavez said Sunday.

Venezuela is buying more arms because it feels threatened by Colombia's decision to give U.S. troops greater access to its military bases, Chavez said.

Repeating a frequent theme of his presidency, the socialist leader said the United States would like to invade Venezuela and seize the country's oil fields. He said the bases in Colombia could help the U.S. stage such an attack.

"The Russian government approved financing for $2.2 billion ... For weapons, and we must thank them."
Hugo Chavez, Venezuelan president

Chavez said the deal calls for Venezuela to buy Russian-made tanks as well as anti-aircraft missile launching systems.

"The Russian government approved financing for $2.2 billion. For what? For weapons, and we must thank them," Chavez said. THE ASSOCIATED PRESS

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Indonesian province votes for adulterers to be stoned

LAW Lawmakers in a devoutly Muslim Indonesian province voted unanimously yesterday that adulterers could be sentenced to death by stoning, just months after voters overwhelmingly chose to throw conservative Islamic parties out of power.

Only weeks before the new government, led by the moderate Aceh party, is set to take over, the regional parliament still controlled by hard-liners pushed through steep punishments for adultery and homosexuality.

The chairman of the 69-seat house asked if the bill could be passed into law and members answered in unison: "Yes, it can." Some members of the moderate Democrat party voiced reservations, but none of them voted against the bill.

Human rights groups said the law violates international treaties signed by Indonesia. The province's deputy governor also opposed the legislation, saying it needed more careful consideration. THE ASSOCIATED PRESS

Shariah

• The Aceh party is also believed to have a less strict interpretation of Islamic law, or Shariah, and some activists expressed hope that once in power, they would amend or tone down the law. Others were considering contesting the bill in court in the capital, Jakarta.

New bin Laden tape emerges

TERROR Osama bin Laden said in a new audiotape that President Barack Obama's strategy in Afghanistan is "hopeless" and called on Americans to resolve the conflict with al-Qaida by ending the war there and breaking the U.S. alliance with Israel.

In the message marking the anniversary of the 9-11 attacks, the al-Qaida leader avoided rhetoric of jihad and took a more analytical tone, claiming to explain to the U.S. public the root cause of the conflict — which he said was the Israeli-Palestinian conflict.

The message was only 11 minutes, far shorter than other videos al-Qaida has released to mark the anniversary. THE ASSOCIATED PRESS

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Comment

Attacks on the horizon

Get ready for down-and-dirty politics if election called

NationalReport

The debate on health care in the United States, hijacked by lame-brained, right-wing radio talk jocks, is comparable to the debate on coalition government here. Level of intelligence? Subterranean.

In the U.S., Barack Obama's enlightened effort to bring health care to 45 million Americans without it is being distorted into a socialist takeover of Washington.

But perhaps we shouldn't chide them too much. Up here, we're running the risk in the coming election, should we listen to the Conservatives, of socialist and separatist hordes taking over Ottawa.

Yep. It's that bad. In every election campaign, it should be said, the bullshine metre rises. But in the coming one, look out. It threatens to go off the charts. The prime minister alleged the coalition takeover plot in a closed-door speech. His Conservatives, experts at dirtball, have dredged up an out-of-date quote from Michael Ignatieff saying he supports a coalition and are using it in an attack ad.

With their myriad distortions the Conservatives have turned the idea of a coalition into something worse than swine flu. Coalition governments have been common in Europe. Canada had its own coalition government in the First World War and the country didn't fall apart.

We need to bear in mind also that since minority governments are frequent due to our multi-party makeup, coalitions may well be the way of the future in this country. The problem for the Conservatives — and the reason they detest coalitions — is because they have no natural partners to link up with.

No one should wish the Bloc Québécois to be a formal part of any coalition. But the reality is that minority governments will often be reliant on their support for survival.

As was revealed in a letter to the Governor General released by the Bloc last year, Stephen Harper, as opposition leader, was prepared to co-operate with the Bloc and the NDP to create an alternative to Paul Martin's Liberal minority if the opportunity presented itself.

Last year, an agreement was reached wherein the Bloc agreed not to bring down a Liberal/NDP coalition for 18 months. Despite his letter to the Governor General, the PM, in high dudgeon, portrayed the arm's-length arrangement as some sort of Armageddon. He scored so high in the court of public opinion with the gambit that no one dares use the c-word again.

It's wild. It's like the demonization of national health care in the U.S. It's Rush Limbaugh come north.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

Dreaming of a date with George Clooney

ModernLife

Every year on a sunny September day, I doll myself up, in an understated way, head down to Yorkville and accidentally bump into George Clooney at the Second Cup.

Overwhelmed by my wit, depth and unusual looks (so different from the women he dates) George immediately falls for me. We play hide-and-seek in Kensington Market, laugh as we eat butter chicken at my favourite Indian restaurant and, well, the rest is history — or rather fantasy. As the Toronto International Film Festival hits town every year I enjoy my "George" fantasy. (He loves that we share the same name.)

It's my secret life with George (what a great movie title!), which I've always thought was mine alone until I headed downtown last week and discovered the entire female population of Toronto (and likely the world) harbours the same fantasy and lurks everywhere trying to fulfil it. For instance, when I walked into my optometrist's office, the receptionist inquired, "Have you seen George Clooney?" My head whipped around. "Why is he out there?"

"No, but I hear he got mobbed eating sushi last night."

Another patient arrived at the desk. "Oh, you mean George." As if she was on a first-name basis with him. No sooner than do I feel like my dirty little secret is everyone else's, too, when a sales clerk informs me a busload of women has swarmed through her store and onto the streets looking for a man with a bandaged hand, which Clooney is apparently sporting.

Women tell me they love everything about him, from his puppy dog eyes to the fact he doesn't take himself too seriously. I think there's also that feeling that nabbing George, the über single man, would be an achievement far surpassing being prime minister, winning the lottery or, for me, finding a product that would give my hair volume.

One woman tells me, "I love George because he dates everyone — it doesn't matter what age."

"He's dating women our age now?"

"No — but every other age."

Which brings me back to reality — that with the passage of time my daughter, 22, is now old enough or young enough to date George. This unfortunate (for me) scenario now has me as George's mother-in-law and serving him mashed potatoes.

Wait. My new fantasy is George reads this with his morning coffee and picks up the phone ...

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

Worth mentioning

Elections Canada preps for possible vote, flu outbreak

Canada's election agency is stockpiling hand sanitizer as it prepares for a possible election and a potential swine flu outbreak.

A spokeswoman for Elections Canada said yesterday each polling station will have two bottles of hand sanitizer along with posters urging flu-stricken voters to cough into their sleeves and wash their hands.

"The health and safety of Canadian voters during a general election is a priority for Elections Canada," Diane Benson said.

"Elections Canada is taking appropriate steps in line with government of Canada guidelines to provide Canadians with a safe and healthy voting environment."

Benson wasn't immediately able to say how much it will cost to stock each voting station with bottles of hand sanitizer.

The agency detailed its plans after the New Democrats asked Canada's top election official if the country is prepared to go to the polls in the event of a swine flu outbreak.

THE CANADIAN PRESS

We Know What You're Thinking

33% The number of Canadians who say either they or someone close to them have/has been a victim of identity theft.

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Woman whose union battle inspired film dead at 68
Crystal Lee Sutton, who inspired a fight to unionize a Southern textile plant and was later depicted in the 1979 film Norma Rae, has died at age 68. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Net worth up in Q2

Household wealth grows as markets rally: StatsCan

Statistics Canada says Canadians grew wealthier in the second quarter, mostly because their stock market investments began recovering from the deep sell-off during the recession.

The agency says household net worth grew by $141 billion to $5.6 trillion for the third consecutive quarter during the April-June months, a time when the Toronto Stock Exchange index advanced by 20 per cent.

But the agency notes that Canadians also started taking on more debt during the period. Still, the rise in wealth more than made up for new loans as the ratio of debt to worth edged down to 24.8 cents per dollar of worth from 24.9 cents in the first quarter.

The agency says the net worth of corporations fell by $208 billion in the second quarter. Government levels of debt rose in the second quarter to 39.8 per cent of the economy from 38.3 per cent in the previous three months and from 36 per cent last year.

THE CANADIAN PRESS

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Business in brief

ECONOMY The Bank of Canada is coming under criticism for having too narrow a view of the economy. In a new paper, economists Arthur Donner and Doug Peters say the central bank's rigid adherence to fighting inflation at the exclusion of other aspects of the economy poses a risk to the recovery. THE CANADIAN PRESS

WIRELESS Nortel Networks announced yesterday that American rival Avaya Inc. was the successful bidder for its Enterprise Solutions division in a sale that's expected to close in December. THE ASSOCIATED PRESS

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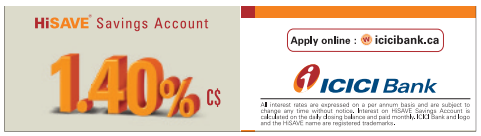
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Claim renovation tax credit on 2009 filing

Q I would like to get some renovations done on my home: Re-shingling roof, new flooring, washer and dryer, new fence, snow removal, pool maintenance, window coverings, and painting. I don't want to spend several thousand dollars and discover it does not qualify for the tax credit. Please comment. — Eddie

Investing
Allan Small
Allan Small discusses why it's good to look at the infrastructure sector now. Visit metronews.ca/investing.

A Homeowners must see if the job qualifies for the Home Renovation Tax Credit.

What: A home used as a principal residence would be eligible for the HRTC.

When: Expenditures incurred between January 29, 2009 and Feb 1, 2010

How much: Expenditures must be between $1,000 and $10,000 for a maximum tax credit of $1,350. The credit reduces tax payable and will not result in a tax refund. Claim on 2009 tax filing.

Which: Expenses incurred qualify, provided the job is of an enduring nature that becomes a permanent part of the home.

Eligible expenses: Re-shingling, flooring, fence, window covering and painting.

Not eligible: Washer and dryer, snow removal and pool maintenance.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Put students on track financially

The first call for financial help came three weeks into our daughter's first semester at university. She'd lost her meal card on a Friday night and the office was closed until Monday. No card equalled no food.

Few parents of first year students will get to the holidays without a supplicating call, text or email.

The semester has started but it isn't too late to put a plan in place to keep students on track financially. You don't want to be over-involved or interfering.

Financial independence developed now will pay off with a better ability to handle the inevitable education debt upon graduation.

As many as 70 per cent of students starting first year in 2009 will have student loan debt upon graduation and those pursuing four year programs will average $25,000 or more.

Make sure there are two bank accounts in place with lump sums deposited in the savings account and an automatic twice monthly transfer into the chequing for living expenses.

I recommend the accounts be joint with a parent. Aside from just keeping an eye on things, a joint account makes deposits and transfers much easier.

Students should pay their own cellphone bills, even if the money is coming from dad. There's nothing like seeing the cost of going over minutes to rein in the chat.

There will be calls for financial help and a bailout now and then is okay. Just be prepared to draw the line if the hand becomes a permanent fixture.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Alison's Money Rule:

- Ease college and university students into independence by placing a gentle financial hand on their shoulders.

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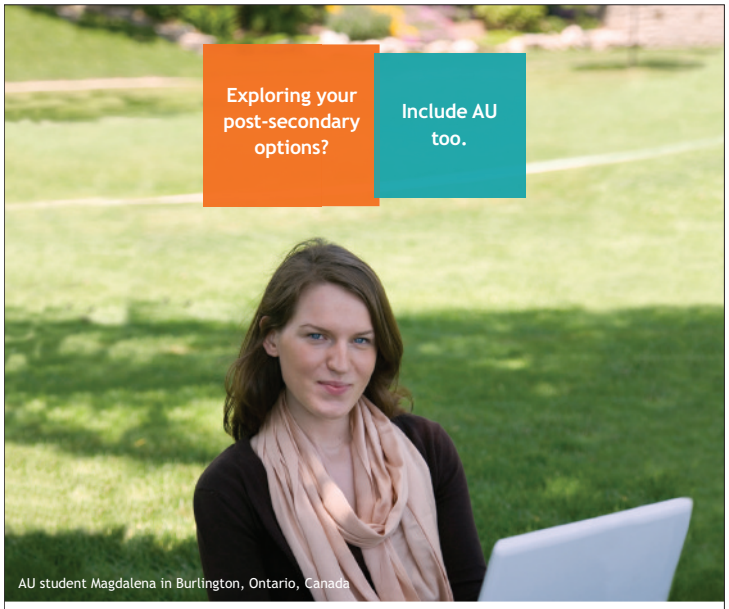

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▪ At Athabasca University, our large selection of online post-secondary courses add to the academic choices that can be offered. ▪ Having extra course options has been an ideal fit for Magdalena, who's attending a university in Ontario. In addition to taking courses at her home university, she's also taking some additional courses at Athabasca University, and is on track to complete her degree a year early. ▪ AU has more than 37,000 students and offers over 700 courses and 90 undergraduate and graduate degree, diploma and certificate programs to select from. ▪ Transferability. Another reason why AU stands out as a global leader in distance learning excellence.

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Money-saving tip
Need to buy a gift for someone? Homemade gifts like scrapbooks, baked goods or picture frames save money and add a personal touch money can't buy. NEWS CANADA

Student ¢ents

Be frugal
Select small splurges. Instead of buying the latest designer handbag, consider a purse-shaped Post-it note dispenser for under $15.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Avoid the debt trap

ERIC EMIN WOOD
for Metro Canada

Postsecondary education is hard enough without creditors getting involved.

So how can students — who in many cases are dealing with tuition fees, government loans, living expenses and one or more part-time jobs, in addition to classes — avoid the debt trap that has snared so many of their peers?

Whether avoiding debt or climbing out of it, the strategies are the same, says Julie Jaggernath, director of education at the Credit Counselling Society of Canada. "Cut expenses, find a job, and pay things off," she says.

"Sometimes it's better to pay to get out of a contract, because at the end of the day, it's going to cost you more if you carry it for the next two or three years."
Elena Jara, of Credit Canada

Many students spend their money on small "discretionary expenses" such as food, she says, not realizing how it adds up.

Jaggernath advises making a budget. "Lay out your financial plan just as you would your schedule," she says. "How much money do you have until the end of the term? Divide that by month, divide that by week, then keep it in a holding account and pay yourself like a business."

Elena Jara, credit education co-ordinator with Credit Canada, advises students to avoid long-term contracts, including cellphone plans and car leases, because they never know where they'll be in a year.

"Before you sign any contract, read it, and if you don't understand it, do not sign," she says.

If you are roped in, she says, "sometimes it's better to pay to get out of a contract, because at the end of the day, it's going to cost you more if you carry it for the next two or three years."

Not surprisingly, Jaggernath and Jara both recommend credit counselling to those already in debt — though most schools have academic advisers and a financial aid department, Jaggernath says, and she encourages students to "use and abuse" them.

"Those folks on campus are an amazing resource," she says, "and they would rather help ahead of time than have to find a crisis loan at the last minute."

Jaggernath admits that some money should be set aside for fun. "A coffee a week had better not kill you," she says.

That said, students "need to take a look at their lifestyle and say, 'You know what? I'm working for my long-term good, not my immediate gratification.'"

Visit creditcounsellingcanada.ca/member_agencies to find a non-profit credit counselling agency near you.

You should set aside some money for fun, such as going out for a coffee with friends once a week, credit experts advise.

Knowing your credit history key when applying for financing

There are a number of steps involved in acquiring financing. As a routine part of the application process, the lender will order a copy of your credit score.

Your personal credit score is compiled by credit bureaus who collect information from various sources, including banks, retailers and other public records, creating a credit report. Information such as: What credit and debit cards you have, the types of accounts you have at various financial institutions, information about personal loans (such as student loans), are all part of the report.

Generally, credit reports show information going back six to seven years.

The credit bureau does not rate you — it merely provides information on your credit history. The lender will examine the credit report to aid in determining whether to lend you money. If the lender has any concerns about something on the report, the lender may ask you for an explanation.

The lender will also use the report to verify other information on your financing application, for example, information about your employment status, your address (including the name of your landlord and perhaps rental payment history), and so on. The credit report will also indicate inquiries made by other creditors over the period of the report.

By getting a copy of your credit report before you apply for financing, you may be able to avoid surprises and possible delays that may occur in having to answer questions about your credit report. Because the report contains information about you, you have a right to inspect a copy of it. NEWS CANADA

How to improve your score

Here are a few tips to improve your credit score:

- Apply and open new credit accounts only as necessary.
- Pay off debt rather than moving it around.
- Get copies of your credit report and review to make sure they are accurate.
- Understand how your credit score is determined.

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Players agree to donate brains

Three active NFL players are joining former players in agreeing to donate their brains after death to a Boston University medical school program that studies sports brain injuries. Researchers will study the players' brains and spinal cord tissue to better understand the effects of concussions. THE ASSOCIATED PRESS

Sports

Urlacher out for season

Chicago Bears linebacker Brian Urlacher, left, will miss the rest of the season after undergoing surgery to repair his dislocated right wrist — a major blow for a team with high expectations. The 10-year veteran apparently was injured in the first quarter of Sunday's 21-15 loss at Green Bay making a tackle on Packers running back Ryan Grant. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Canucks win in Terrace

NHL EXHIBITION

Islanders 1 Canucks 2

They'll remember Sergei Shirokov's name in Terrace.

The Vancouver forward's second goal of the game just past the midway point of the third period was the difference as the Canucks beat the New York Islanders 2-1 in the 2009 Kraft Hockeyville NHL exhibition game.

The 2006 draft pick and former CSKA Moscow player cooly backhanded the winner past New York Islanders goalie Nathan Lawson to the delight of fans in this northwest B.C. town as the NHL kicked off its exhibition schedule.

Earlier in the night, the diminutive Russian made it 1-0 from almost the exact same spot. Shirokov's connected on his first NHL preseason shot, just 39 seconds into a man advantage early in the first period.

Islanders goalie Scott Munroe stopped Aaron Rome's point shot but the rebound went straight to an open Shirokov, who one-timed the puck into the open side.

Andrew Raycroft, signed by the Canucks as a possible backup to starting goalie Roberto Luongo was solid when called upon.

Cory Schneider, battling with Raycroft for the backup spot in Vancouver, stopped every shot he faced in relief.

The fans in Terrace, who beat out other cities and towns across Canada for the right to host the game, sounded much like those in GM Place, chanting "Go Canucks Go" and starting the wave.

THE CANADIAN PRESS

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NFL Chargers beat Raiders

PHOTO: STEPHEN DUNN/GETTY IMAGES

Philip Rivers of the San Diego Chargers looks to pass as he rolls out of the pocket against the Oakland Raiders last night in Oakland, Calif. The Chargers won 24-20. In last night's first game, New England beat Buffalo 25-24.

Del Potro takes U.S. Open final

TENNIS Normally so cool, so consistent, so in control of his emotions and his matches, Roger Federer let the U.S. Open championship slip from his grasp.

Two points from victory against inexperienced, unheralded Juan Martin del Potro of Argentina, two points from a sixth consecutive title at Flushing Meadows and a record-extending 16th Grand Slam overall, Federer, quite simply, fell apart yesterday.

He railed at the chair umpire. His legs grew weary. His double-faults mounted. He could not figure out a way to stop the six-foot-six del Potro from pounding forehand after forehand past him. In a result as surprising for who lost as how it happened, the sixth-seeded del Potro came back to win his first Grand Slam title by upsetting the No. 1-seeded Federer 3-6, 7-6 (5), 4-6, 7-6 (4), 6-2.

"Can't have them all," Federer said.

He had won 40 consecutive matches at Flushing Meadows. He had won 33 of his previous 34 Grand Slam matches. And he has made the final at 17 of the past 18 Grand Slam tournaments, 21 overall.

Del Potro? This was the 20-year-old's first Grand Slam final, and he was 0-6 against Federer until now. But after handing Rafael Nadal the most lopsided loss of his Grand Slam career in the semifinals Sunday, del Potro came back the next day and rattled Federer.

Del Potro never seemed intimidated by the setting or the man many consider the greatest tennis player in history.

The four-hour, six-minute match was the first U.S. Open final to go five sets since 1999, and there were no early signs to indicate it would be this competitive — much less end with del Potro down on his back, chest heaving, tears welling, a Grand Slam trophy soon to be in his arms.

Juan Martin del Potro

THE ASSOCIATED PRESS

Sports in brief

CANADIAN GP The stage is set for Formula One's return to Montreal next year. Grand Prix F1 du Canada Inc., and F1's governing body yesterday reached a settlement in their financial dispute. An announcement that Montreal is back on the F1 schedule is reportedly "forthcoming."

APOLOGY Serena Williams apologized yesterday for what she called her "inappropriate outburst" during her semifinal loss to Kim Clijsters at the U.S. Open. Williams was short on contrition in the post-match news conference after her profanity-laced, finger-pointing tirade at a lineswoman Saturday night.

CHARGED Famed amputee runner Oscar Pistorius has been charged with assaulting a 19-year-old woman at a party he hosted. Pistorius was reportedly arrested Saturday after he tried to intervene in a lover's tiff. The woman had been fighting with her boyfriend outside the house. The South African Press Association reports she later began kicking Pistorius's front door. Pistorius reportedly opened the door to tell her to stop and when he closed it, the woman was hit on the leg.

SAILING Eric Jespersen of Sidney, B.C., won the 24-boat Classic division at the 2009 Six Metre World Cup aboard Gallant. The event took place between Sept. 8 and 12.

BASEBALL Marco Scutaro's second error of the game allowed Brandon Inge to score from second base in the bottom of the 10th inning, and the Detroit Tigers rallied to beat the Toronto Blue Jays 6-5 last night. Pinch-hitter Aubrey Huff belted a tying three-run homer in the ninth and Ryan Raburn also went deep for Tigers.

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Mirror, Mirror on the wall
Who spends more time looking at themselves: Canadian or American women? It looks like our neighbours log more mirror time each day, according to statistics from global market researcher Synovate. BEST HEALTH MAGAZINE

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Friends Julia Chachura (13), Sarah Jasion (13) and Melanie Ridler (13) share a hug — a gesture some U.S. schools have banned.

We all need more hugs

The J Spot

There is a frightening trend spreading amongst today's teenagers. No, I'm not talking about texting each other naked pictures, surfing porn online or even having sex before they learn to drive.

The alarming teenage behaviour that has caused such concern in some U.S. schools that it has been banned is — wait for it — rampant hugging.

Yes, you read that correctly.

Seems hugging is all the rage among teenagers these days. According to a recent Toronto Star article on the "phenomenon," they hug each other to express everything from "hello," "goodbye," or even "hey, it's recess!"

Girls hug each other sideways, putting their arms abound each other shoulder's and press themselves cheek-to-cheek in utter glee. The surprise hug comes from behind and usually is followed by squeals of laughter and joy. Guys even hug their guy friends, a behaviour that, in my day, would have resulted in ridicule at best and, at worst, something I can't repeat in a family paper.

While no Canadian schools have yet gone so far as to ban hugging, the article quotes Kate Dickson, an English teacher at the Toronto School of Liberal Arts who says she requests at least "a ribbon of daylight" between hugging students.

Another school in Edmonton is discouraging its students from hugging, supposedly to stop the spread of H1N1 flu. Right.

Am I the only one who thinks this is absurd? Not only are hugs awesome, they are actually good for you.

Hugging is powerful. Hugging releases oxytocin, the brain's bonding chemical. Studies going back as far as the 1930s have shown that people who did not receive adequate cuddling and touch as newborns later suffered both mentally and physically, even if all other basic needs were met. Others have shown that old folks who don't get hugs may become senile faster and die sooner.

Maybe instead of banning hugging among teens, we should encourage it more among adults. Hugging your partner several times a day would help keep you connected and your relationship stronger, especially when life gets in the way and we literally and figuratively lose touch with each other.

I say do yourself a favour and hug someone today, will ya?

Visit Josey's Sexcetera blog at metro news.ca/blog

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Caution on ADHD drugs

CELIA MILNE
For Metro Canada

New concerns are emerging that drugs for kids with Attention Deficit Hyperactivity Disorder (ADHD) can be overused and abused.

ADHD drugs such as Ritalin are in wide circulation. It's estimated that between five per cent and 10 per cent of children in Canada have the disorder, which means they have trouble focussing and are often hyperactive or impulsive.

Dr. Edmund Higgins, a psychiatrist at the Medical University of South Carolina in Charleston, is concerned that parents and teachers have a lower tolerance these days for mild behavioural problems, and that these drugs may be used too liberally. He wrote about this in the July 2009 issue of Scientific American.

In the U.S., prescribing of methylphenidate (brand names Ritalin or Concerta) and the amphetamine Adderall rose 12 per cent between 2000 and 2005.

"Over the past 15 years," writes Higgins, "doctors have been pinning the ADHD label on — and prescribing stimulants for — a rapidly rising number of patients, including those with moderate to mild inattention, some of whom … have a normal ability to focus."

He writes about a child in Grade 6 whose mother came to him asking for Ritalin. But when he tested the child, he found an almost-normal ability to focus. Like any medication, the risks are not zero. Higgins points to a smattering of recent studies – mostly in animals — that show these drugs could have negative effects on the brain when kids become adults.

"Doctors have been pinning the ADHD label on — and prescribing stimulants for — a rapidly rising number of patients, including those with ... a normal ability to focus."
Dr. Edmund Higgins, psychiatrist

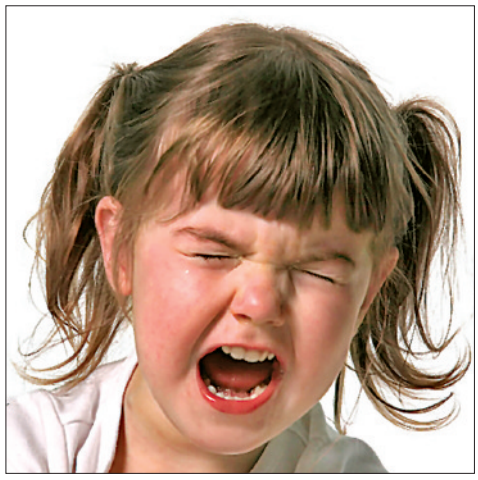
These stimulants have a way of acting that is similar to cocaine. And, like cocaine, possible effects over the long term could be depressed mood, increased anxiety and cognitive defects.

There is also some evidence that these medications can stunt growth in children.

The vast majority of adults with ADHD also have another psychiatric illness such as anxiety disorder or drug addiction. Is that from stimulant use as children? The scientific jury is still out, but it's possible, writes Higgins.

The article suggests keeping doses of stimulants as low as possible, and having doctors monitor blood levels to make sure doses are low. "Without these or similar measures, large numbers of people who regularly take stimulants may ultimately struggle with a new set of problems spawned by the treatments themselves," he writes.

Another problem with Ritalin and similar stimulants is they are sometimes abused by young people and adults because they can provide a "high." Ritalin abusers have been known to steal the drug or bully children into giving it up, according to a report from Alberta Health Services.

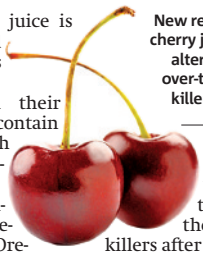


ISTOCK PHOTO

Dr. Edmund Higgins is concerned that parents and teachers have a lower tolerance these days for mild behavioural problems, and that ADHD drugs may be used too liberally.

Try cherry juice for sports

NUTRITION Cherry juice is being promoted as a new sports drink.



New research suggests cherry juice is a healthy alternative to taking over-the-counter pain killers after running.

Cherries, with their deep red colour, contain antioxidants which have anti-inflammatory power.

In a study conducted by researchers from Oregon Health and Science University, drinking cherry juice twice a day for seven days before a long-distance run alleviated post-run muscle pain by several degrees.

Drinking other juices had less of an effect. They reported that cherry juice is a healthy alternative to taking over-the-counter pain killers after running.

The new research was presented at the recent American College of Sports Medicine Conference in Seattle, Wash.

To be effective, the drink has to be 100 per cent cherry juice.

CELIA MILNE/
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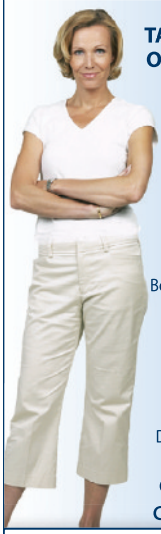

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The Arthritis Society, BC & Yukon Division acknowledges the financial assistance of the Province of BC to support this program.
The Arthritis Society

Rosh Hashanah

One of the "seven species" of foods native to biblical Israel, the pomegranate was a key element of Rosh Hashanah — the Jewish new year, starting Friday this year — centuries before promotion of suspected health benefits splashed the juice into all manner of smoothies, cocktails and other drinks. THE ASSOCIATED PRESS

Food

As of June, there were more than 1,800 food and drink products that contained pomegranate seeds or juice, says Tom Vierhile a director at market research firm DataMonitor. THE ASSOCIATED PRESS

Compare

Now look at that number in contrast to four years ago: In 2005, there were just 258 products that contained the fruit's seeds or juice.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Mediterranean morsels

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest**, on newsstands now!

Greek Pasta Bake

SERVES 4

INGREDIENTS:

- 1/2 lb (250 g) ground beef
- 1/2 lb (250 g) ground lamb
- 1 large onion, chopped
- 4 garlic cloves, minced
- 3 tsp (15 ml) dried oregano
- 1 tsp (5 ml) dried basil
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper
- 1/4 tsp (1 ml) dried thyme
- 1 can (14 oz /398 ml) tomato sauce
- 1 can (14 oz /398 ml) diced tomatoes, undrained
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) sugar
- 1/4 tsp (1 ml) ground cinnamon
- 2 cups (500 ml) uncooked rigatoni or large tube pasta
- 4 oz (113 g) feta cheese, crumbled

METHOD:

In large skillet, cook beef and lamb over medium heat until no longer pink; drain. Stir in onion, garlic, oregano, basil, salt, pepper and thyme; mix well. Add tomato sauce, tomatoes and lemon juice.

Greek Pasta Bake

Bring to boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally. Stir in sugar and cinnamon. Simmer, uncovered, 15 minutes longer.

Meanwhile, cook pasta according to package directions; drain. Stir into meat mixture. Transfer to greased 2-qt. (2 l) baking dish. Sprinkle with cheese.

Cover and bake at 325 F (160 C) 45 minutes. Uncover; bake 15 minutes longer or until heated through.

Mediterranean Chicken with Olives

Mediterranean Chicken with Olives

SERVES 4

INGREDIENTS:

- 2 tbsp (25 ml) olive oil
- 2 onions, roughly chopped
- 2 garlic cloves, crushed
- 1 tbsp (15 ml) chopped fresh rosemary
- 1/4 oz (40 g) chorizo sausage, skinned and diced
- 2 large red peppers, deseeded and roughly chopped
- 1/3 cup (75 ml) sun-dried tomatoes, roughly chopped
- 14 oz (398 ml) can chopped tomatoes
- 1/4 cup (50 ml) dry white wine
- 4 skinless chicken breast fillets or large thighs
- 1/3 cup (75 ml) pitted olives (black, green or both)

METHOD:

Heat oil in large, heavy flameproof casserole dish or deep frying pan. Add onions, garlic and rosemary and cook gently, stirring frequently, 15 minutes until soft and golden.

Add chorizo and peppers and cook over medium heat, stirring frequently, for a couple of minutes or until sausage turns slightly golden.

Add sun-dried tomatoes, canned tomatoes with their juice and wine. Season with freshly ground black pepper, then stir well and bring to simmer.

Add chicken and stir to coat with sauce. Bring to boil, then reduce heat so sauce simmers. Cover and cook 25–30 minutes until chicken is tender and sauce is thick.

Just before serving, stir in pitted olives and cook just long enough to heat through.

m.metronews.ca

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

The Fab Two

I probably should have been out raking leaves or something, but I spent this past weekend with four old friends: John, Paul, George and Ringo. Yes folks, I was one of the foolish who bought The Beatles' new boxed CD set — in mono no less.

As a big fan I just couldn't resist giving the Fab Two (and the family members of the other guys) more of my hard earned money. And while I may not be a professional music critic, the new discs sound pretty darn amazing.

To enhance the experience of rediscovering each album, I needed a wine that begged to be sipped and savoured. **Masi's 2006 Campofiorin ($17.45 - $19.99)** was a perfect match for a few reasons.

While the red Italian from Veneto shows off lots of fruit (think plum and raisin) that tastes terrific without food; it's sort of a remastered version of **Masi's Bonacosta Valpolicella Classico ($15.45 - $16.99).** A wine that's 2007 vintage is as light and cherry-filled as ever.

As a ripasso wine Campofiorin's flavour profile comes from its juice being passed over the guck left in the vats after the Valpolicella's fermentation. It comes out richer and rounder — just like my new CDs.

Prices reflect the range across the country. Some products may not be available in all provinces.

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Partridge gets restraining order
The Hills star Audrina Patridge has been granted a restraining order against a fan who showed up on her doorstep with bizarre and macabre drawings, poems and letters. FEMALEEFIRST.CO.UK

Entertainment

Indy is back
Dust off the fedora and clear out the snakes — Indiana Jones is ready to ride again. Harrison Ford, 67, says he's ready for the globetrotting archaeologist's next adventure. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Teen bites the dust

Megan Fox devours actor in horror comedy Jennifer's Body

CHRIS ALEXANDER
for Metro Canada

With his boyish good looks and stocky physique, it's a no brainer that Alberta-born actor Josh Emerson would be a hit with the ladies and in his latest film, he lives out the fantasy of every teenage boy in America: Locking lips with cutie de jour, Megan Fox.

Unfortunately for his character however, said kiss is simply foreplay to having his intestines gorily devoured by Fox's comely but cannibalistic demon cheerleader.

Emerson is indeed one of the stars of the heavily hyped horror comedy Jennifer's Body, the latest peek into teen agony from Oscar winning screenwriter Diablo Cody (Juno) and starring Fox as the titular, occasionally toothy, babe. Jennifer's Body is one of two high profile genre films to feature the up-and-coming performer this year, the other is the Adam Sandler produced The Shortcut and, although his star has been slowly rising for years, it seems Emerson's fortunes have changed radically.

"Someone told me once that every overnight success takes ten years," says the young actor.

"Things are definitely happening for me but it's been a long process to get to wear I am now. After graduating, I just went from audition to audition, getting better and better projects. So it's been a long haul."

Best friends Jennifer (Megan Fox, left) and Needy (Amanda Seyfried) enjoy an evening together at a local bar in Jennifer's Body.

Emerson has the distinction of being the first classmate devoured by the newly evil Jennifer, in a gory, absurd outdoor sequence that makes a visceral impact. And certainly, getting that close to Fox, was equally impactful for the actor.

Jennifer's Body is in theatres this Friday

"Oh man, she's Megan Fox, what can I say?" he says, almost shyly.

"She's gorgeous, yeah, but she was also totally professional and, I think that when people see her in this, they'll be amazed at just how good of an actress she really is."

After the buzz for Jennifer's Body dies down, Emerson will go back to his beat of auditioning and trying to take his craft to the next level. Chiefly, he's launching an unofficial campaign to nab the role of the villainous Venom in the next Spider-Man film.

"I have been obsessed with that character for years. As far as I'm concerned I have to be Venom, it's fate."

Boyle to cover Stones on America's Got Talent finale

A 75-year-old comedian, five tap-dancing sisters, a contorting breakdancer and a drum quartet faced off last night against six vocal acts during the final competition on America's Got Talent.

But whoever is named the winner on Wednesday night's show may find their moment in the spotlight is overshadowed by the appearance of a celebrity guest. It was announced yesterday that Susan Boyle will perform the Rolling Stones classic Wild Horses during the show.

Boyle's debut album, I Dreamed a Dream, which she's been working on with producer Steve Mac, will be released on Nov. 24. Other star performers slated for the two-hour show include Shakira, Leona Lewis as well as Rascal Flatts and the Cirque du Soleil.

As for the America's Got Talent finalists, judges Piers Morgan and David Hasselhoff had indicated who their favourites were prior to last night's show. Morgan deemed opera singer Barbara Padilla "the red-hot favourite" to win the show's $1 million US prize and chance to headline a Las Vegas show. Hasselhoff picked the Texas Tenors, a trio of cowboy-hat-wearing men from Houston, as "the front-runner to win this competition." THE ASSOCIATED PRESS

A/W; HARGRAVE/SYCO MUSIC

Susan Boyle arrives in Los Angeles ahead of her appearance on America's Got Talent.

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Kylie's ABBA dream come true

Kylie Minogue fulfilled her lifelong dream by performing alongside Benny Andersson at an ABBA tribute concert Sunday night at the show in London's Hyde Park. She was joined by Andersson for a rendition of When All Is Said and Done. FEMALEFIRST.CO.UK

More sarcasm in the mix

McHale extends Soup humour to NBC's new sitcom Community

AMBER RAY
Metro World News

Joel McHale, host of The Soup, throws snarky one-liners at the vapid reality stars his show lampoons with uncanny ease. That whip-smart sarcasm and wry sense of humour is lent to his character in the new NBC sitcom Community.

As Jeff Winger, McHale is a smarmy defence attorney attending community college since the recent revocation of his law degree.

But even with classes to attend and study groups to mismanage, McHale isn't throwing in the towel — or the mankini — on The Soup just yet.

Q Will starring in Community hurt your street cred and your ability to make fun of other shows on The Soup?

A We don't poke fun at things that are on purpose funny. So we don't ever have clips from the late night talk shows. We don't ever have a moment from shows that were intentionally funny. I'll show clips from Community to promote the show on The Soup. I will be shameless about that. Since I'm not hosting a reality show — or a contestant on one — I don't think they'll be any conflict.

Q So did you just find yourself not busy enough working on The Soup that you decided to star in a sitcom, too?

A Yeah, I said, "I have a wife and kids, why do I want to spend time with them?" Actually, The Soup doesn't take up as much time as you would think because I can do a lot of it at home — watch television and write jokes. Community has really been the most time-consuming thing I've ever done next to shooting movies and guest-starring roles.

ANGELA WEISS/GETTY IMAGES

The Shoup host Joel McHale points to a Community poster during a Paley Fest event in Beverly Hills, Calif.

Q How much of either show is improvised?

A With The Soup, we write it all out because you have to be regimented to 22 minutes. But then within shooting the show I add all sorts of stuff. And then with Community, there's improvising in it because the cast are all really good at improvising, but the stories and characters are so strong that we don't do a ton of it.

Q You previously starred in another sitcom, The IT Crowd, that never quite made it to the air. What makes Community different?

A With The IT Crowd specifically, that was a four-camera show with an audience, so it's totally different in that way. Community is shot like 30 Rock with a single camera. The IT Crowd was also a mid-season replacement, so it wasn't the show that (NBC) was trotting out. The regime change at NBC happened right after the upfronts that year, so it was already kind of done — the network wasn't really as into it as they were their other shows. Community is one of two comedies they picked up (this year). I can't believe how fortunate of a slot we got.

• Community premieres Thursday 9:30 p.m. on Citytv.

Oprah on sidelines in team Obama

POLITICS Oprah Winfrey may have been instrumental in getting Barack Obama elected president, but now claims she's on the sidelines. "I have not said one thing about this political situation and don't intend to," Winfrey said. "Everybody knows that I was a big campaigner for Obama and I still am. I think he's doing a great job. I think that it's the toughest job in the world with the economy and health care and all of that."

Winfrey made her comments Sunday night at the premiere of Precious at the Toronto International Film Festival. Winfrey is the executive producer of the movie, adapted from Sapphire's novel Push.

THE CANADIAN PRESS

In brief

CELEBRITY Comic Ray Romano is going to the golf doctor. The Golf Channel says that the Everybody Loves Raymond star will be the focus of its new reality series The Haney Project. The series follows Tiger Woods' swing coach Hank Haney as he tries to improve the game of a celebrity.

CONCERT Some fans got carried away and extra police had to be called in near Winnipeg's MTS Centre late Sunday night after a concert by shock-rocker Marilyn Manson. Winnipeg police blocked off Portage Ave. and called in for backup as rowdy fans poured out of the stadium.

CELEBRITY Whitney Houston says ex-husband Bobby Brown was emotionally abusive during their marriage and at one point spit on her. After a long absence from music, Houston is staging a career comeback with a new album last month and a two-part appearance on The Oprah Winfrey Show.

COURT The American Civil Liberties Union has asked a federal judge to release Survivor winner Richard Hatch, arguing that he was put back in jail in retaliation for criticizing the government.

THE ASSOCIATED PRESS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/15/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Super Spellers (N) (CC)		Being Erica "Leo"		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Canada (CC)			Big Bang Th	Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Aliyah" (CC)		(:01) Big Brother 11 (Season Finale) (Live) (CC)				News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Monk (CC)		Meet the Fockers ★★ (2004, Comedy) Robert De Niro. (CC)				A News (N)
	253	359	13 CITY	Law & Order: SVU		The Biggest Loser (Season Premiere) (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 (N) (CC)		Melrose Place "Nightingale"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Aliyah" (CC)		(:01) Big Brother 11 (Season Finale) (Same-day Tape) (CC)				KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (Season Premiere) (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked		Naked Beauty
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Shark Tank (CC)		Shaq Vs. (Season Finale) (N)		Primetime: Family Secrets		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Man in the Moon ★★ (1991, Drama) Sam Waterston.				King	Cheers (CC)	Seinfeld
	291	383	27 PBS	Great Performances "Hitman: David Foster and Friends"				Command Performance			Victor Borge: 100 Years	
	290	382	28 FOX	Two/Half Men	Two/Half Men	More to Love Luke proposes to one woman. (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	29 PBS	Retire	Fibromyalgia	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Arctic Dinosaurs"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Melrose Place "Nightingale"		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	MLB Baseball Chicago White Sox at Seattle Mariners. From Safeco Field in Seattle. (CC)						WGN News	Friends (CC)	According-Jim
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	(6:01) Big Brother 11 (CC)		CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show	
news	502	390	28 NW	The Hidden Face of Fear (N)		CBC News: The National (N)		CBC News: The National		The Hidden Face of Fear		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball Chicago White Sox at Seattle Mariners. From Safeco Field in Seattle. (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	2009 World Series of Poker		2009 World Series of Poker		SportsCentre
	411	457	43 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	54 SCR	24/7	Score Now	Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		First Australians (N) (CC)		Private Life of a Masterpiece		(:10) Examined Life (CC)		
	575	583	20 CMT	Home Imp.	Home Imp.	CMT on Tour (CC)		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	MuchNews	My Date	One Tree Hill (CC)		Starmaker		MuchNews	Love Court	Spotlight
	600	564	25 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	61 A&E	The Cleaner "Trick Candles"		The Cleaner "Trick Candles"		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	62 SPKE	Surviving Disaster (N)		Surviving Disaster		(:03) Surviving Disaster "Fire"		Spike's Most Amazing Videos		Disorderly
	521	560	24 TLC	Dancing Tweens (N) (CC)		18 Kids-Count	18 Kids-Count	Dancing Tweens (CC)		Jon & Kate	Jon & Kate	Ultimate Cake
	616	522	93 SHO	The Outer Limits (CC)		Destination: Infestation (2007) Antonio Sabato Jr. (CC)				Bones (CC)		NCIS (CC)
	620	523	40 BVO	Garrett Mason	Três Portugal	Law & Order "Star Struck"		Without a Trace "Closure"		The Fallen Idol ★★★ (1948, Suspense)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	Biggest Loser Australia (CC)		Average Joe: Hawaii (CC)		Trading Sp
	520	505	42 DIS	After the Catch (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	After the Catch (CC)		How It's Made
	522	506	44 HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld (N)		Ultimate Engineering (CC)		Crime Stories
	627	528	45 SPC	Torchwood (Season Finale) (N)		Stargate SG-1 "The Shroud"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Torchwood
	294	650	47 TBS	The Office	The Office	Seinfeld	Sex and-City	Sex and-City		The Great Outdoors ★★ (1988, Comedy) Dan Aykroyd. (CC)		
	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits "Tribunal"		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	(5:00) The Firm ★★★ (1993) Tom Cruise.			The Fly ★★★ (1986) Jeff Goldblum, Geena Davis. (CC)				Mad Men "The Fog" (CC)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	320	621	60 CEN	(6:25) The Last Door (2007)		The Express ★★ (2008) Dennis Quaid, Rob Brown. (CC)				(:10) 21 ★★ (2008) Jim Sturgess. (CC)		
	581	566	101 MTV	Daddy's Girls	MTV Cribs	MTV Live	After	16 and Pregnant "Farrah"		Daddy's Girls	MTV Cribs	MTV Live
	261	394	102 V	Unscripted	I Prophesy	Poltergeist: The Legacy		Philadelphia ★★★ (1993, Drama) Tom Hanks, Denzel Washington. (CC)				
	-	-	105 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Being Erica

Got tissues? You may need them for this episode. Of all the regrets that Erica (Erin Karpluk) has about her life to date, the biggest one has to do with the death of Leo, her brother. This trip back in time leads her to learn the hard way that trying to change the past has huge consequences for the future. Devon Bostick, Michael Riley and Tyron Leitso also star in "Leo." 9 PM on CBC

The Biggest Loser

Host Alison Sweeney and trainers Bob Harper and Jillian Michaels return for an eighth season of the hit weight-loss show, this time built around "second chances" for the 16 contestants — literally so for season seven contestant and fan favorite Daniel Wright, who returns to continue the journey he began so dramatically last season. In the opener, one contestant gets a health scare during the very first challenge. 8 PM on NBC, CITY

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

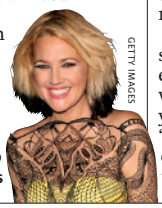
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Robbie the reality hound
Singer Robbie Williams is such a huge fan of reality TV, he'd like to become a part of it. "I really like I'm A Celebrity... Get Me Out Of Here! It'd be fun to go on," he said, according to the Sun, and added he'd like to visit the Real Housewives set to see how it's made. METRO NEWS SERVICES

Celebrity Buzz

Drew and Justin back on again

REUNION Drew Barrymore and Justin Long appear to be back on once again. Before Barrymore hit the Toronto International Film Festival, the pair was spotted enjoying an intimate meal at Brick Lane Curry House in New York City, where they arrived without a reservation and went unnoticed, a source tells People.


GETTY IMAGES

METRO WORLD NEWS

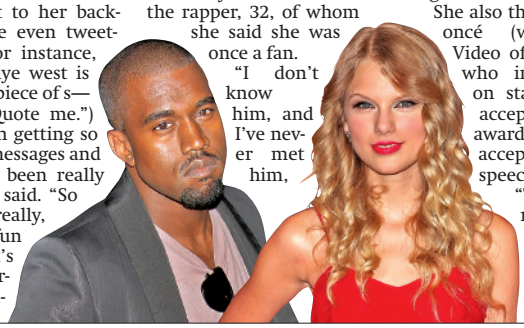
Kanye's sorry for knocking Taylor at VMAs

EATING HIS WORDS After Sunday's MTV Video Music Awards — during which Kanye West brazenly interrupted Taylor Swift's Best Female Video acceptance speech to say that Beyoncé deserved to win — Swift spoke to reporters about the incident, usmagazine.com reports.

"Well, I was standing on stage because I was really excited because I had just won the award," the 19-year-old singer began. "And then I was really excited because Kanye West was on stage. And then I wasn't so excited anymore after that."

After the bizarre incident, she said celebs reached out to her backstage. (Some even tweeted; Pink, for instance, wrote: "Kanye west is the biggest piece of s— on earth. Quote me.")

"I've been getting so many text messages and everybody's been really nice," Swift said. "So I've had a really, really fun night. It's been interesting definitely. It's definitely been an interesting night."



She said she doesn't have any ill will toward the rapper, 32, of whom she said she was once a fan.

"I don't know him, and I've never met him, so..." she said. "I don't want to start anything because I had a great night tonight."

She also thanked Beyoncé (who won Video of the Year), who invited her on stage as she accepted her award to give an acceptance speech.

"They told me to stand by the side of the stage, and I didn't really know what was going to go down," she said. "But I thought it was so wonderful and gracious of her to do what she's always done."

West was also quick to take to his blog to apologize for ruining Taylor Swift's acceptance speech.

"I'm sooooo sorry to Taylor Swift and her fans and her mom," West wrote after the ceremony. "I spoke to her mother right after and she said the same thing my mother would've said. She is very talented."

METRO WORLD NEWS

Celebrity tweets

Josh Groban weighs in on the Kanye West VMAs controversy, Courtney Love goes after an accountant she feels has done her wrong, Pete Wentz takes his VMA loss in stride, and Diablo Cody had some quiet time away from home.

- @joshgroban Kanye, congratulations, i'm going to let you finish...but SOYBOMB HAD ONE OF THE BEST LAME INTERRUPTIONS OF ALL TIME! OF ALL TIME!
- @courtneylover79 just found the taxes you did when you refinanced Kim Cobain's and Wendy Cobain's property and this ought to be fun since my tax lawyer is INSANE.
- @petewentz If u gotta lose one green day is the band to do it to. Honored to be even in the same sentence. Congrats.
- @diablocody I may or may not be alone in a hotel room, listening to Susan Boyle and applying a nourishing masque to my hair.

METRO WORLD NEWS

Elton's adoption hits red tape

WILL HE PULL A MADONNA? Singer Elton John and his longtime partner David Furnish won't be able to go home with the Ukrainian orphan they want to adopt, a Ukrainian family minister said Monday — citing a national law that prohibits unmarried couples from adopting, the Associated Press reports.

John and Furnish entered into a civil partnership on Dec. 21, 2005, the first day such unions became legal in England. John, 62, met toddler Lev while touring an orphanage where many of the children's parents have died from AIDS, people.com reports.

"I would love to adopt him," John said over the weekend. "I don't know how we do that but he has stolen my heart. And he has stolen David's heart and it would be wonderful if we can have a home."

Ukrainian laws are very strict when it comes to adoption. Not only do the laws ban same-sex couples from adopting, they also state that parents cannot be more than 45 years older than the child. Their only hope would be a presidential dispensation to adopt the 14-month-old.

According to the country's law, should Ukrainian President Viktor Yushchenko grant John and Furnish's wish, the pair would also have to adopt Lev's brother, who is also in care.

METRO NEWS SERVICES

Comic fan ScarJo clears house

THE COMIC BOOK GUY'S DREAM Scarlett Johansson is planning a superhero clear-out of her house, femalefirst.co.uk.

The actress plays Russian spy Black Widow in the upcoming Iron Man 2, while her husband Ryan Reynolds starred as villain Deadpool in the X-Men franchise. Between the two, Johansson admits their house is cluttered with comics.

She said: "There is a lot of superhero stuff going on for us at the moment ... It's fun to get into that whole world together even if there is quite a stack of comic books taking up space!"

Still, the 24-year-old blonde star is keen to reprise her Marvel role.

She recently said: "The Black Widow has many different incarnations and different storylines so I'm hoping she will be able to continue in that way."

METRO NEWS SERVICES

No more Mr. Nice Director

SOURPUSS Guy Ritchie will never make a "nice" movie, femalefirst.co.uk reports. The Sherlock Holmes director likes his films to have action and conflict, so he'll never play it safe.

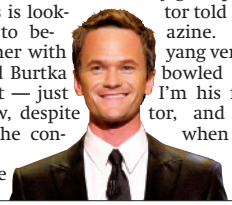
He said: "A nice theme about something nice with people being nice towards one another is just f—ing boring."

"There's no conflict, and movies thrive on conflict and contrast. I must add that I've only been sitting on this theory for two hours."

METRO NEWS SERVICES

No baby now, but soon: Neil

SOON BUT NOT YET Neil Patrick Harris is looking forward to becoming a father with partner David Burtka at some point — just not right now, despite rumours to the contrary.



"We'd make very good parents," the actor told New York magazine. "We yin and yang very well. I'm just bowled over by him. I'm his forever protector, and I'm happiest when he's happy."

METRO WORLD NEWS

Mischa on a short leash

THE SPOTLIGHT Since her hospitalization over the summer, producers on The Beautiful Life have been keeping an eye on Mischa Barton, and she isn't enjoying the extra attention. "All I can do is smoke cigarettes," Barton complained to a co-worker, according to Page Six.

Barton had planned to "party responsibly" over the weekend with co-stars and friends, including the show's producers, Ashton Kutcher and Demi Moore.

METRO NEWS SERVICES

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Today Partly cloudy 22° / 15°

Wednesday Showers 40% 20° / 13°

Thursday Sunny 17° / 13°

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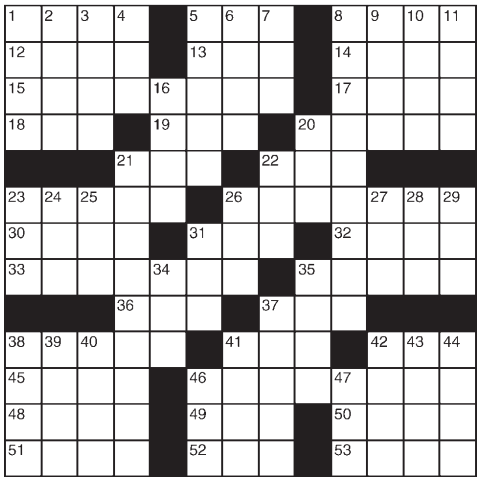


ACROSS

1 Sail support
5 Suitcase
8 Cooling devices
12 Reverberate
13 Lawyers' org.
14 Out of the storm
15 Time-saver
17 Ski-lift type
18 Nay opposite
19 Deteriorate
20 Muffler
21 Container for cookies
22 8-Across' shout
23 Pocatello's state
26 Frustrates
30 Ms. Moore
31 Egg — yung
32 Ark builder
33 Con
35 Act segment
36 April follower
37 Adversary
38 Curtain material
41 Hawaiian garland
42 TV watchdog org.
45 Press
46 Whopper
48 Foolish one
49 Lennon's lady
50 Microwave, e.g.
51 Lambs' mothers
52 Sawbuck
53 Warp crosser

DOWN

1 Arizona city
2 Sore
3 Oxford, for one
4 Rocky peak
5 Pancetta, e.g.
6 Touch
7 Gangster's gun
8 "Yeah, that'll happen!"
9 Actress Jessica
10 Approach
11 Helot
16 Small combo
20 Witnessed
21 One kind of Girl Scout cookies
22 Pi follower
23 Cards at the door
24 Morning moisture
25 Parisian pal
26 Placekicker's pride
27 Canape topping
28 Hosiery shade
29 That woman
31 Aviate
34 River blocker
35 Earth
37 Criminal
38 Faction
39 Boast
40 Portrayal
41 Diane or Nathan
42 Most popular, briefly
43 Staff leader?
44 Minimal change
46 Young one
47 AAA job

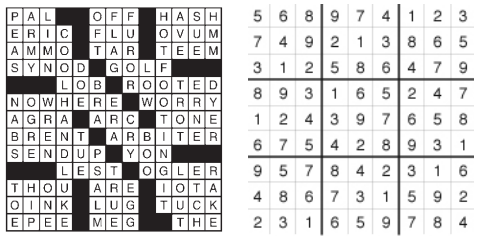
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9	7	5		8			6
		1	9	6	4			
	8		2					
		2				5	7	1
4	7	5				6		
					7		6	
			8	3	2	9		
5			1		6	4	8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	6	8	9	7	4	1	2	3
7	4	9	2	1	3	8	6	5
3	1	2	5	8	6	4	7	9
8	9	3	1	6	5	2	4	7
1	2	4	3	9	7	6	5	8
6	7	5	4	2	8	9	3	1
9	5	7	8	4	2	3	1	6
4	8	6	7	3	1	5	9	2
2	3	1	6	5	9	7	8	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

French-Style Chicken in Wine

INGREDIENTS:

12 shallots or pear onions
1-1/2 tbsp (20 ml) garlic-flavoured olive oil
2 oz (60 g) back bacon, cut into thin strips
12 cremini or white mushrooms
4 chicken pieces, such as breast halves
Several sprigs parsley, stems bruised
Several sprigs fresh thyme
1 bay leaf
2/3 cup (150 ml) chicken stock
1-1/2 cups (375 ml) full-bodied red wine, such as shiraz
2 carrots, cut into chunks
Pinch sugar
1 tbsp (15 ml) cornstarch
Salt and fresh-ground black pepper
Chopped parsley

METHOD:

1. Put shallots or onions in heatproof bowl and pour over enough boiling water to cover. Leave 30 seconds, then drain. When cool enough to handle, peel and set aside.
2. Heat 1 tbsp (15 ml) oil in Dutch oven over medium heat. Add bacon and sauté, stirring often, until crisp, 3 minutes. Remove bacon with slotted spoon and set aside.
3. Add shallots to Dutch oven and sauté until brown all over, 5 to 8 minutes. Remove with slotted spoon and set aside.
4. Add mushrooms to Dutch oven, with remaining 1/2 tbsp (7 ml) oil, if needed, and sauté until golden, 3 to 4 minutes.
5. Return half of bacon and shallots to Dutch oven. Place chicken pieces on top and sprinkle with remaining bacon and shallots. Tie herbs into bouquet garni and add to Dutch oven with stock and wine. Season generously with pepper.
6. Bring to boil, then reduce heat to very low, cover, and simmer 15 minutes. Add carrots and continue simmering over low heat until chicken is cooked tender and juices run clear when pierced, and carrots are fork-tender.
7. Remove chicken and arrange on warm serving platter. Strain liquid into pot. Add bacon, mushrooms, shallots, and carrots to chicken and keep warm.
8 Put bouquet garni back in strained liquid, add sugar and bring to boil. Boil until sauce is reduced to about 1-1/2 cups (375 ml). Meanwhile, mix cornstarch with a little water until smooth paste forms. Stir into sauce and simmer until thicker. Adjust seasoning to taste and discard bouquet garni. Spoon sauce over chicken and vegetables and sprinkle with parsley.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
The more you fret about where your next dollar is coming from the more likely it is you won't get it. So think positively today.

TAURUS ♉
APRIL 21-MAY 21
At last you are in a position to voice your concerns to partners and loved ones. Put your point of view across, then listen carefully to their reply.

GEMINI ♊
MAY 22-JUNE 21
You've wasted too much time and energy on things that don't matter. Now you must cut out everything that is not central to your life's aims.

CANCER ♋
JUNE 22-JULY 22
The cosmic setup shows you're at a crossroads in your life. Fortunately, you know exactly what you want and exactly how you are going to get it.

LEO ♌
JULY 23-AUG 23
No matter what you're going through, a bit of logical thinking will surely convince you it's no big deal. In fact, by week's end it will have been forgotten.

VIRGO ♍
AUG 24-SEPT 22
You won't lack for opinions today, and that's good, but make sure everything you say is based on fact, not hearsay or wishful thinking.

LIBRA ♎
SEPT 23-OCT 23
Some things make sense and some things do not and you just have to accept that. You may not like what's going on, but what choice do you have?

SCORPIO ♏
OCT 24-NOV 22
You know what you want and you have no doubt you'll get it before the end of the day. Others will realize it's not worth taking you on.

SAGITTARIUS ♐
NOV 23-DEC 21
Saturn in the career area of your chart means it is time to get serious about your ambitions. You deserve the best, but it won't just drop into your lap.

CAPRICORN ♑
DEC 22-JAN 20
You'll have to deal with people whose ideas are very different from yours, but you can still get along. Try to understand where they're coming from.

AQUARIUS ♒
JAN 21-FEB 18
You must make sure you project the right image, especially to people in authority. If you want to move up in the world you'll need powerful friends.

PISCES ♓
FEB 19-MARCH 20
Your task today is to let certain people know that you intend to break free of the restrictions they've imposed on you — but don't be nasty about it.

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All-Inclusive • Junior suite
Oct. 4, 11, 18 & 25 • 1 wk.
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$899
Taxes & other fees (including service charges): $313

Cancun / Riviera Maya
Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Nov. 14 • 1 wk.
$899
Taxes & other fees (including service charges): $259

DEALS of the WEEK

Honolulu
Ohana Waikiki West • 3★
Aloha – Run of the house
Oct. 11 – 22 • 1 wk.
$629
Taxes & other fees (including service charges): $150

Puerto Vallarta
Hacienda Hotel & Spa • 3★
All-Inclusive • Standard rm.
Nov. 7 - 28 • 1 wk.
$829
Taxes & other fees (including service charges): $267

Las Vegas
Flamingo Las Vegas • 3 1/2★
Deluxe rm.
Oct. 19 • 3 nts.
$449
Taxes & other fees (including service charges): $174

Maui
Aston Kaanapali Shores • 4★
Hotel rm.
Oct. 24 • 1 wk.
$1099
Taxes & other fees (including service charges): $150

Los Cabos
Crowne Plaza Los Cabos Grand Faro • 4 1/2★
All-Inclusive
Deluxe oceanview rm.
Dec. 20 • 1 wk.
$1339
Taxes & other fees (including service charges): $266

DEALS for February

Save up to $2390 per person

Varadero
Sandals Royal Hicacos Resort & Spa • 4 1/2★
All-Inclusive
Standard garden view rm.
Feb. 5, 12, 19 & 26 • 1 wk.
$1769
Taxes & other fees (including service charges): $212

Jamaica
Sandals Grande Ocho Rios Beach & Villa Golf Resort
Luxury Included® Vacation
Riviera deluxe rm.
Feb. 5 & 26
1 wk.
$1799
Taxes & other fees (including service charges): $256

DEAL to EUROPE

London
Royal National Hotel London • 3★
Breakfast • Standard rm.
Nov. 12, 13, 18 & 19 • 4 nts.
$827
Taxes & other fees (including service charges): $469

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